Naturally smooth... Positively effective!
Combine the benefits of smooth, elliptical, cross-training exercise with the comfort, safety and stability of semi-recumbent positioning.

Zero joint impact plus biomechanically correct arm, leg and ankle motion emulates natural walking patterns.

BioStep 2…the obvious choice for cross training.

www.biodex.com/biostep
Large, comfortable, supportive seat

Pivoting handgrips that pivot with arm motion providing comfort for patients with forearm and wrist impingements.

* Hand Straps and Hand/Wrist Cuffs

Large easy-to-use display

Large Utility Holder

Zero Joint Impact - Smooth, continuous, elliptical motion

* Foot Straps, Padded Foot Restraints and Pivoting Calf Support

Articulating Foot Plate - mimics natural walking patterns and reduces achilles tendon stretch

Step-through design for easy entry and exit

Optimized seat height for wheelchair transfers and controlled hip flexion

* Included in Stabilization Kits.

Applications:
Senior Rehab
Wellness and Fitness Centers
Neurorehabilitation
Cardiac Rehabilitation
Orthopedic/Sports Medicine, and more

Biodex
www.biodex.com
1-800-224-6339

Easy to use with QUICK START display features time, RPM, watts, calories, METs, heart rate, distance and total steps.
Patients with Neurological and Musculoskeletal issues commonly present with decreased strength, proprioception and kinesthetic awareness deficiencies or edema. These and other factors add to the challenges of maintaining the upper or lower extremity properly and comfortably on the device during exercise.

BioStep® 2 is supported by a collection of stabilization accessories to allow patients with these challenges to enjoy the benefits of exercise.

### Stabilization Kits

**Custom to your patient’s needs**

BioStep® 2 Stabilization solutions - offered as either Basic or Advanced.

**Basic Stabilization Kit includes:**
- Foot Straps
- Hand Straps
- Seat Belt, and
- Movable Armrests

**Advanced Stabilization Kit includes**
all the Basic Kit components, plus:
- Padded Foot Restraint
- Pivoting Calf Support, and
- Hand/Wrist Cuff

**FOOT STRAPS**
A hook and loop strap that provides a simple solution to secure a user’s foot to the footplate during exercise.

**HAND STRAPS**
Like the Foot Strap, a hook and loop strap provides a simple solution to secure a user’s hand to the Pivoting Handgrips, enabling controlled motion during exercise.

**SEAT BELT**
The Seat Belt offers support and security for patients with limited torso control. The Seat Belt fits securely around the lower abdomen of each user and is completely adjustable. The retractable seat belt is there when needed and out of way when not.

**MOVABLE ARMRESTS**
With the addition of the movable padded armrests, users obtain an added level of comfort and stability when needed. The BioStep 2 can be used with or without the armrests in position. Armrest folds up flush against the side of seat back to provide easy-on and off access.

**PADDED FOOT RESTRAINT AND PIVOTING CALF SUPPORT**
Our lower extremity stabilization is a combination to provide support to the calf while allowing the patient to exercise and experience the smooth BioStep motion. The calf support pivots, allowing the ankle to move as it would naturally in gait. The padded foot restraint is a convenient and comfortable means to secure the foot to the footplate, thereby maintaining correct loading of the joints and postural alignment during exercise.

**HAND/WRIST CUFFS**
Patients with hand and wrist limitations will find comfort with the pivoting handgrips and security of maintaining stable hand position throughout the exercise session. The Hand/Wrist Cuffs allow users with limited or no hand strength or control to enjoy the benefits of the BioStep’s upper body exercise.

**NOTE:** Hand/Wrist Cuffs are also sold separately.
FEATURES INCLUDE

- Elliptical motion - provides smooth continuous “zero joint impact” exercise
- Self-powered, self-charging, cordless capability - use it anywhere
- 1:1 arm to leg motion - for natural arm swing rhythm
- Rotating seat to 90° on either side and step-through design - for easy and safe entry and exit
- Optimized seat height - for wheelchair transfers and controlled hip flexion
- Up to 600 watts - to accommodate a wide spectrum of users
- Constant resistance with 20 effort levels - provides greater program options
- Heart Rate Monitoring - Polar® contact handgrips (telemetry compatible) to ensure proper training intensity
- Sturdy, well-placed grab handles to facilitate patient transfer
- Large easy-to-use “Quick Start” display - features time, RPM, watts, calories, METs, distance, total steps, heart rate
- Large utility holder - provides a convenient storage place for water bottles and allows for hands-free reading
- Robust design - for heavy institutional use
- Optional Stabilization Packages - Standard and Advanced

NATURALLY SMOOTH... POSITIVELY EFFECTIVE

The elliptical motion of the BioStep 2 is naturally smooth and continuous; very different from the stuttering stop-start motion associated with other recumbent steppers. The step-through frame, simple easy-to-see and use display and comfortable, robust design make the BioStep 2 the obvious choice for cross training.

THE BIODEX BIOSTEP 2 HELPS PATIENTS AND THEIR THERAPISTS ACHIEVE MULTIPLE REHABILITATION OBJECTIVES

If there is one piece of equipment for all your patients... this is it. The BioStep 2’s fluid, elliptical motion is forgiving on the knees, ankles, hips and lower back... a natural closed-chain low-impact functional exercise. The BioStep 2 reduces joint impact because the user is not required to lift and strike their feet on the walking surface. By combining lower extremity motion with upper body, the BioStep 2 provides a total body workout in both forward and reverse directions, thereby involving different muscle groups.

IDEAL FOR OLDER ADULTS

Low impact total body exercise is ideal for senior fitness. The low-impact elliptical motion of the BioStep 2 reduces the jarring impact often associated with the stop-start motion so common with other recumbent steppers. The BioStep 2’s motion also helps strengthen the muscles important to maintaining function; those muscles specifically associated with mobility, walking and balance.

GREAT FOR CARDIAC REHABILITATION

BioStep 2 incorporates both the upper and lower extremities into the cycling motion; patients experience less local muscle fatigue. This allows similar heart rates to be achieved at lower rates of perceived exertion when compared to traditional exercise ergometers. Blood pressures can be checked while the patient continues to exercise by simply releasing one arm while the other three extremities comfortably continue to perform the exercise.

BioStep 2 is ideal for patients who may experience leg claudication during exercise. Patients can easily reduce the effort in the involved leg, while keeping heart rate elevated, by transferring a greater portion of the workload to the non-involved extremities. When the cramping subsides, exercise can be transferred back, proportionately, to all four extremities.

WELLNESS/GENERAL AEROBIC CONDITIONING

If there is one piece of equipment for general aerobic conditioning of your adult population, this is it. BioStep 2 provides a zero impact, safe and comfortable total body workout in both forward and reverse directions.
“I recently completed Cardiac Rehab at Lifebridge in Pikesville, MD. I found that the BioStep machine was the best machine for my needs among all the machines available.

In addition to having a stent put into the main artery in my heart in February, I suffer from diabetic neuropathy in my feet. Because of this, I am on many medications which have caused me to gain over 100 lbs. in the five years since my diagnosis. It is very difficult for me to use a treadmill and I definitely can’t use a bicycle where my feet are hanging. The only two machines I am able to use are a recumbent bike and the BioStep.

I really love the BioStep because it enables me to exercise both my upper and lower body. Also, the pushing movement of the foot pedals is easier than cycling. I am able to complete 30 minutes and more on the BioStep, while 10-15 minutes on the recumbent bike is difficult.”

Suzie Bowles
Patient
Westminster, MD

“We love our BioStep from Biodex! It offers a very smooth ride and is easy for patients to get on and off. Patients can warm up easily and then get a great work out on the BioStep. Our patients and staff find it a personal favorite, especially for those patients that have orthopedic issues. Thanks so much, Biodex, we look forward to purchasing more BioSteps in the future.”

Sandy Kollar, RN
Knox Community Hospital
Director of Cardiovascular Services
Mount Vernon, OH

“The BioStep is one of the nicest machines for this population to work out on. Besides getting an aerobic workout, they can work on arm and leg strengthening without the stress on the joints. The ankle mobility is also a nice feature. Adaptable to many populations.”

Laurie Thiede
Door County YMCA
Sturgeon Bay, WI

“The seat is very comfortable. The bottom of my legs get a good workout. Overall it’s a good workout for my arms and legs, without discomfort.”

Marjorie Z.
Door County YMCA
80-year-old Patient
Sturgeon Bay, WI

“How do I like the BioStep? It’s awesome. In fact, I can say that about every piece of Biodex equipment in our facility. The main focus for us is adaptability. We offer health fitness to people with disabilities. The BioStep’s swing seat, elliptical motion and semi-recumbent position is an outstanding combination. Everyone can use it. We have steppers, treadmills and cycles, but only half our population can use them.”

Mitch Carr, MS, Ed
Rehabilitation Institute of Chicago
Chicago, IL

“The range of motion for hip, knee and ankle joint helped with gait training, specifically the heel/toe gait and to increase hip and knee flexion. Patients that did not want to do traditional open-chain exercise, did want to use the BioStep 2. They also exercised longer on the BioStep 2.”

— Robert Madigan
Bellhaven Nursing Home, Brookhaven, NY

SPECIFICATIONS

- Dimensions: 54” x 28” w x 44” h (137 x 71 x 112 cm)
- Resistance: Constant resistance with 20 effort levels
- Work Rate Range: Up to 600 watts (120 rpm)
- Heart Rate Monitoring: Polar® contact handgrip (telemetry compatible)
- Readouts: Time, RPM, watts, calories, METs, heart rate, distance and total steps
- User Capacity: 500 lb (227 kg)
- Weight: 202.5 lb (92 kg)
- Power: Self-Powered; no external power requirement at user work rates over 30 watts and 50 rpm; adapter is provided to power system and charge battery during applications below 30 watts and 50 rpm; battery automatically recharges at work rates above 30 watts and 50 rpm. AC Adapter included.
- Certifications: ETL listed to UL60601-1 and CAN/CSA C22.2 No.601-1-M90. CE conformity to EN 60601-1, EMC compliance to EN 60601-1-2.
- Warranty: Two years parts; one-year labor

950-240 BioStep® 2, 100-240 VAC
Export models available.

Optional

950-241 Stabilization Kit, Basic
Includes: Foot straps, hand straps, seat belt and movable armrests

950-242 Stabilization Kit, Advanced
Includes: Foot straps, hand straps, seat belt, movable armrests, pivoting calf support, padded foot restraint and hand/wrist cuffs

950-234 Hand/Wrist Cuffs (Pair)

www.biodex.com
1-800-224-6339
Int’l 631-924-9000
BioStep™ 2 ...the difference is still in the motion.

Certified Quality Management System

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